Coping strategies



talk to someone



imagine what advice a friend would give you



go for a walk



think of things you are grateful for do something that you really have to focus on

- if you can



tell yourself - this too will pass

> think of lessons you might have learnt

write things down



problem solve

play some music

write a letter to someone explaining how you feel

imagine a time when this won't bother you



have a good cry

Creative Coping A Guide To Positive Living

J Elliott

Creative Coping A Guide To Positive Living:

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